



# Classic tomato ragu

Complexity: low-medium



# Ingredients



1 onion  
1 clove garlic  
1 x 15ml spoon oil  
2 x 400g canned chopped tomatoes  
Handful of fresh basil  
Black pepper

# Equipment



Knife

Chopping board

Garlic press

Measuring spoons

Saucepan

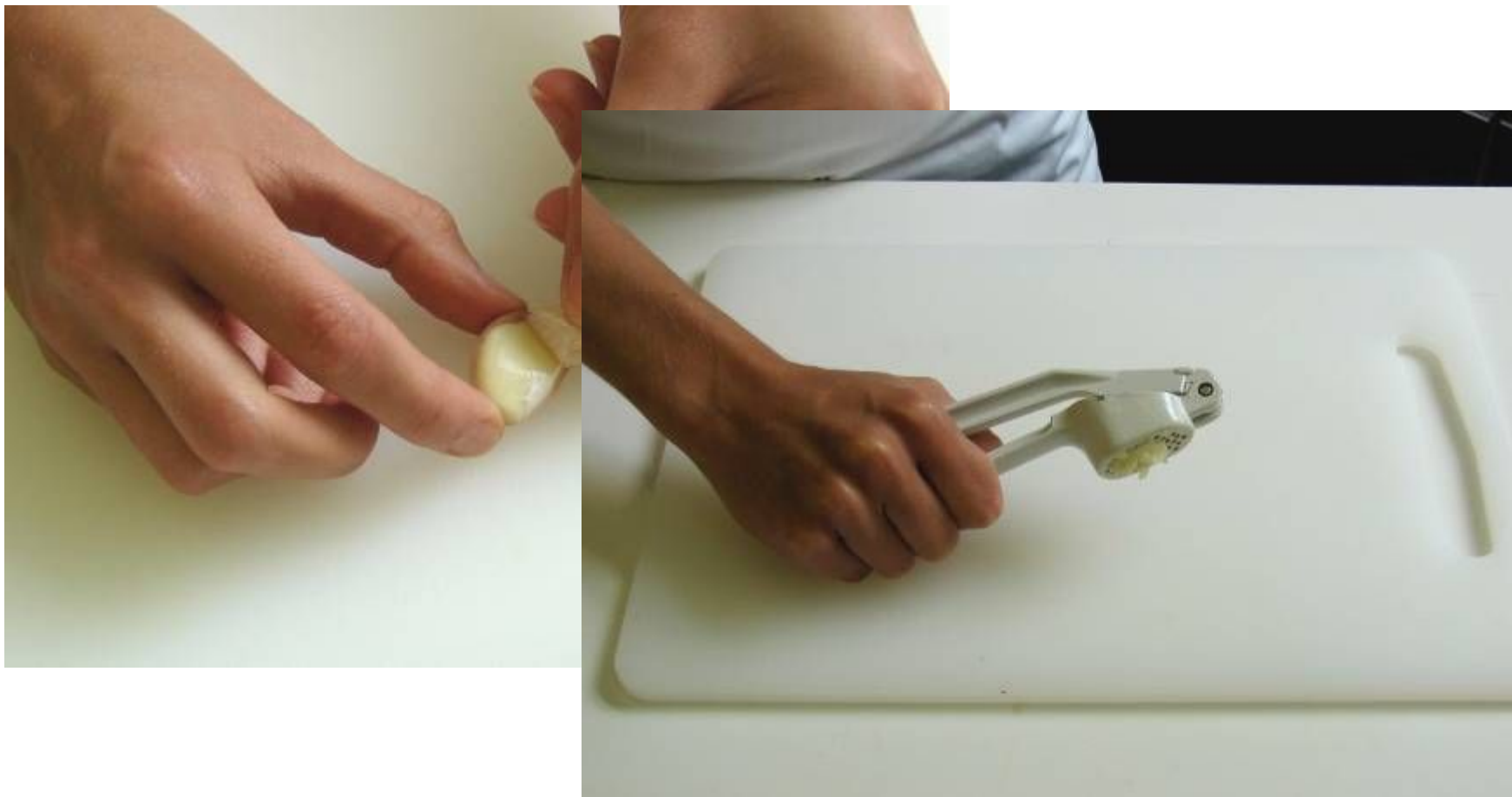
Wooden spoon

## Method

1. Prepare the onion and garlic:
  - peel and chop the onion;



- peel and crush the garlic.



2. Fry the onion and garlic in the oil for 5 minutes, until soft.



3. Add the tomatoes and tear in the basil leaves.





4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).



## Optional

You may wish to serve the tomato ragu with pasta. If so:

after 15 minutes, put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain;



- mix the cooked pasta and tomato sauce together.



## Top tips

- Add ½ red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir in black olives and tuna for a fish alternative.
- Pour the basic ragu sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

## Food skills

- Measure.
- Peel.
- Chop.
- Fry.
- Simmer.
- Boil (if serving with pasta).